

Abstract

Title: Comparison of lifestyle and selected health-related fitness components between students of sports and students of general gymnasium

Objectives: The main objective is to compare the amount of physical activity, form of eating and spending of free time between students of sports and students of general gymnasium in the age of adolescence. Furthermore, assess whether and what is the difference between their physical fitness and body composition.

Methods: The amount of physical activity, form of eating and spending of free time we received by written inquiries through survey based on a modified questionnaire 6. CAV 2001 for children and youth. We measured body composition by bioelectrical impedance using the device BIA 2000 M. Physical fitness monitored group was verified by six motoric tests: jumping from a distant place, sit-ups, beep test on 20m, the number of overhand grip pull-ups by boys, dwell in the overhand grip chin-ups by girls, the flamingo balance test and sit and reach test. The research sample consisted of 20 students of the sports gymnasium and 20 students of general gymnasium. Data were analyzed by using basic statistical functions and then compared.

Results: It turned out that in our research group students of sports gymnasium are more physically active and proficient with more optimal body composition than students of general gymnasium. From the results we can say, that there is a correlation between the amount of physical activity and body composition and physical fitness. For other lifestyle concepts this relation is not so clear.

Keywords: adolescence, lifestyle, motoric tests, body composition, bioelectrical impedance analysis